

# WIC Foods for Children

The new WIC foods help your child meet today's nutrition needs. You can continue to enjoy milk, cereal, eggs, juice, peanut butter or beans plus fruits, vegetables and whole grains!

New  
&  
Improved!

## Your New WIC Foods



♥ Are lower in fat and higher in fiber

♥ Help maintain a healthy weight for your child

♥ Offer a variety to help with picky eating habits

♥ Are consistent with Dietary Guidelines and MyPyramid recommendations!

## What You Will Receive:

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
36 ounces cereal 2 pounds whole wheat bread Or other whole grain options	128 fluid ounces of vitamin C-rich juice \$6 cash value voucher for fruits and vegetables	16 quarts of milk or allowed substitutions	1 dozen eggs 1 pound dried beans or peas  Or 18 ounces of peanut butter for children two & older

We're WIC and we're here for you.

